

management of Down syndrome is, therefore, presented.

The book clearly meets the needs of a mixed audience, for whom it is intended, with varying inclinations and educational attainments. General readers, professionals, and scientists will benefit from the enormous information contained in this masterpiece.

Hopefully, when this book is revised in the future it will incorporate literature from the developing world, and also an account on methods of adapting to developing cultures the principles and techniques of managing Down syndrome in Western societies, which are well articulated in the present edition. Despite this seemingly minor drawback, this book is well written and its contents will still be relevant and applicable at the end of this 21st century. I, therefore, consider a copy of this book a must for every institutional and personal library.

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**Alternative Medicine
Sourcebook: Second Ed.**
Matthews, Dawn (Editor).
©2002. Detroit: Omnigraphics.

Recently, there has been a virtual explosion of interest in

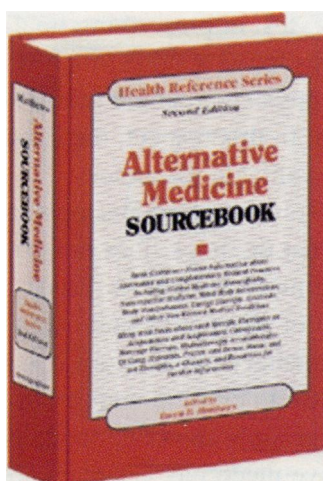
alternative and complementary medical treatment therapies in the United States. Everywhere you turn now, alternative medical practices and therapies are promoted and used by many more people than ever before. During the past 10 years, the number of published research articles on alternative medicine in medical journals has increased 10-fold. During the same period, the number of trade books published on this topic increased 50-fold. In addition, Americans' hunger and interest in alternative medicine has influenced the US health and medical system to drastically change its approach to basic health and medical care for all Americans.

Alternative Medicine Sourcebook contains important information for those considering the use of complementary and alternative medicine (CAM). It describes practices such as acupuncture, chiropractic, homeopathy, naturopathy,

ayurveda, and many others. It provides discussions about the effectiveness of CAM in treating such diseases and disorders as cancer, diabetes, hepatitis C, headaches, menopause, and pain. It also offers suggestions for people to use when considering the safety and effectiveness of a therapy or treatment, the expertise and qualifications of the healthcare practitioner, and the quality of service delivery. A glossary of related terms and chapters describing additional resources round out this volume's coverage.

Alternative Medicine Sourcebook is divided into parts and chapters. Parts focus on broad areas of interest. Chapters are devoted to single topics within a part. Here is a synopsis of each chapter:

"Part I: Introduction" contains an overview of complementary and alternative medicine (CAM) practices and it presents facts about selecting among various CAM programs. "Part II: Alternative Medical Systems" contains information on various systems of alternative medicine, including acupuncture, herbal medicine, homeopathy, yoga, and others. A chapter discussing the major domains of complementary and alternative medicine defines how the different forms of CAM are grouped. "Part III: Mind-Body Interventions" discusses the use of the mind to control the



body. Meditation and relaxation, biofeedback, guided imagery, hypnosis, and prayer are examples of the interventions included in this section. "Part IV: Dietary Interventions" contains information about the use of special dietary therapies, including fasting, detoxification diets, and dietary supplements. It discusses the effectiveness of various vitamin, mineral, and herbal supplements such as folate, St. John's wort, vitamin B12 and others.

"Part V: Other Alternative Therapies" includes information on various popular alternative therapies. It contains chapters on aromatherapy, art therapy, massage therapy, qigong and t'ai chi, reflexology, and many others. "Part VI: Alternative Treatments for Specific Diseases and Conditions" contains information on alternative therapies currently being used for the treatment of some specific diseases, including cancer, diabetes, and hepatitis C. It also offers information on the use of alternative therapies in the treatment of chronic ailments, including headaches, pain, and some of the symptoms of menopause. "Part VII: Controversial Cancer Treatments" discusses the use of controversial drug therapies. It contains chapters with information about such sub-

stances as 714X, shark cartilage, coenzyme Q10, and laetrile. "Part VIII: Skeptical Points of View" presents examples of how proponents of conventional medical practices sometimes critique CAM practices. A chapter defining "quackery" – the promotion of dubious medical practices – provides information that can help readers recognize and avoid questionable treatments. "Part IX: Additional Help and Information" contains a glossary of related terms and descriptions of additional resources for obtaining more information. A chapter with information about health insurance for alternative medicine is also included.

Overall, *Alternative Medicine Sourcebook* accomplishes its objectives. This book is a part of a Health Reference series that provides basic information about a broad range of medical concerns. It is not intended to serve as a tool for diagnosing illnesses, in prescribing treatments, or as a substitute for the physician/patient relationship. In this respect, the book is a valuable resource.

However, I am disappointed that the book does not provide much insight or discussion of alternative and complementary medicine as it relates to cultural and/or ethnic group's approach to alternative medicine. Chapters are

presented on Chinese Traditional Medicine and Native American Medicine yet both chapters fall short on their cultural health connection to both indigenous populations. In fact, this book does not mention any connection of alternative medicine to the African American, Caribbean, or African populations.

As a cultural and medical anthropologist, I am still surprised that most books and researchers do not attempt to address the relationship between health and culture. A few questions come to mind such as:

- ♦ Why is mainstream society finally "culturally accepting" alternative medicine?

- ♦ Can alternative medicine improve the health status of African Americans and reduce the health disparity between minority populations and majority populations?

- ♦ How can African American alternative medicine become "culturally perceived and accepted" on an equal status with other mainstream alternative medical systems?

In this book's case, what is the relationship between alternative medicine and culture? The major reason for its neglect is primarily because there is a large degree of misunderstanding, non-awareness, and even fear of the impact of alternative medicine on the lives of African Americans.

The key to removing these barriers is to recognize how alternative medicine continues to play a significant function in the African American community and also how it is interconnected to the cultural health belief system and tradition of its people.

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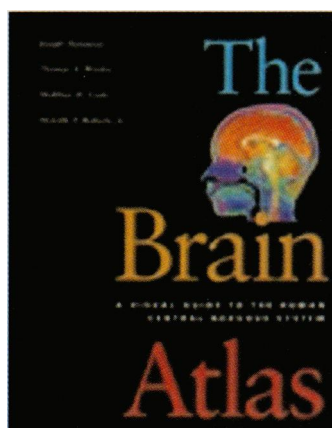
The Brain Atlas. A Visual Guide to the Human Central Nervous System, 2nd Ed.

*Thomas A. Woolsey, MD,
Joseph Hanaway, MD,
Mokhtar H. Gado, MD.
©2003, Wiley and Sons
Publishers; Hoboken, New
Jersey; 249 pages.*

The brain is an amazing organ. It is the focus of our thought, creativity, reasoning, emotion, language, visual-spatial sense, special senses, and many other important functions. It is composed of millions of neurons that convey and process information via conducting cables, many of which are insulated by and wrapped in myelin. The brain is truly the master organ as it

not only establishes the concept of self but also influences other major organs of the body such as the heart, gastrointestinal tract, and urinary bladder.

Woolsey, Hanaway and Gado have captured the brain and the central nervous system in all its glory in an atlas. The atlas is easy to use as it is spiral bound and includes clearly depicted and labeled surface and deep anatomy, reinforcement of visual relationships by color-coded images, an extensive index of structures and coronal, axial and sagittal sections with MRI correlative anatomy to aid the student in the identification of key structures. The text is divided into 5 parts: I. General Aspects of the Brain; II. Surface Anatomy of the Brain, Brain Stem/ Cerebellum, and Spinal Cord; III. Cross-Sectional Anatomy;



IV. Histologic Sections; and V. Major Afferent and Efferent Pathways. Downloadable images are available for

instructors at the book's Web site (<http://www.wiley.com/cda/product/0,,1891786059desc12803,00.html>).

I teach an 11-hour neuroanatomy course to our neurology residents and greatly enjoyed reviewing this text and appreciated the quality, care and detail of the brain slices and images. This carefully done text was the brainchild of an experienced neuroanatomist (Woolsey), a neurologist (Hanaway) and a neuroradiologist (Gado); a very successful blend and synergism of neuroscience talent to make modifications and produce this magnificent second edition of their atlas.

This atlas will be extremely useful for medical students and other health care professionals who wish to learn neuroanatomy and for neurology residents and other physicians who wish to brush-up on neuroanatomy. However, the atlas does not include information on clinical-anatomic correlation or physiologic correlation to anatomic structure. The text was not designed to serve these purposes, but does serve as a standout aid for the mastery of basic neuroanatomy. I highly recommend it to our residents and students.

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